

# Health Tips

## *for seniors*

### **Fiber: Are you getting 20-30 grams per day?**

#### What is fiber?

- Structural part of plants not digestible by humans

#### Benefits of eating fiber

- Less constipation, easier defecation
- Reduced risk of colon cancer
- Helps lower blood cholesterol levels

#### Excellent sources (3 grams or more per serving)

- Baked beans in sauce (1 cup = 16 grams)
- Black beans (1 cup = 15 grams)
- Figs ( 3 pieces = 10.5 grams)
- Baked apple (1 = 5 grams)
- Baked potato with skin (1 medium = 5 grams)
- Raspberries (1/2 cup = 4.5 grams)
- Peanuts (1/4 cup = 4.5 grams)
- Lentils (2/3 cup = 4.5 grams)
- Whole wheat bread (2 slices = 4 grams)
- Cooked greens (1 cup = 4 grams)
- Pear with skin (1 medium = 4 grams)
- Plain raw blackberries (1/2 cup = 4 grams)
- Cooked green peas (1/2 cup = 4 grams)
- Raw strawberries (1 cup = 3.5 grams)

